### Man a Three-Fold Being, Requiring **Obedience to Eternal Laws Governing** Soul and Body, as Well as Mind.

BY PHILANDER D. POSTON.

Emile Coue, who has aroused both France and England by his seemingly miraculous cures of various diseases through what he calls induced auto-

They by the porty went I and the porty went I am the control and provided the porty went I am the control and the control and the porty went I am the control and the porty went I am the porty went I am the control and the porty went I am the control and the porty went I am the control and the porty went I am the porty went I am the control and the porty went I am the control and the porty went I am the porty we

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an physician, who is in this country that it immediately sets to work to materialize these thoughts—actually to make them come true.

Coue further believes that the conscious mind and will should be subordinate to, and work in full co-operation with the great materialize these thoughts—actually for a few months to investigate methods used at schools for the blind in the United States, and also to give i eration with, the great master mind-the unconscious-and that we should

and disease, however, now so agoniz-ingly expressed in world chaos and the rapid disintegration of our much-vaunted civilization and veneered sotal order, springs from disobedience sight. By proper re-education meth-greatest contribution which she has of the eternal laws on all three planes ods it is possible to develop additional give to science, aside from her long

of the etchal of being.

We must, therefore, place life (including health and disease) upon a basis broader and more universal than the Coue principle or any other than the formula.

Senses.

"Memory, concentration and intuition replace sight with the blind, and they are especially sensitive to all vibrations which emanate from individuals and things with which they mental formula.

Man a Three-Fold Being.

Sages of all ages have recognized man as a three-fold being—as possesting body, mind and soul. In point of fact, man is like an arch—one side being the body, another the mind, and the keystone the soul. To the extent that both sides and keystone are evenly proportioned and balanced, just to that extent will the arch be perfect. So with man; if the three elements of which he is composed are likewise proportioned and balanced in their relation each to the other and to the laws of the universe, he will be perfectly free of disease and disorder throughout his whole being. He will be "all good" and no evil can harm him. Only through this triune balance and three-fold harmony does man emerge into mas-

Teamwork Required.

Teamwork on the part of the whole man is the only answer. He must, first, be clean in his heart—right with himself and right with the world. His emotions and impulses must be right—there must be harmony in his soul. Next, he must live according to nature's simple but fundamental requirements as to health of body: such as wholesome, natural food properly balanced as to its chemical composition; proper hygienic care of the body and a wise and vigorous use of the wonderful human machine housing his mind and soul; there must be frequent contact with the glorious elements of sunshine, air and earth. The basic requirements of soul and body being thus met, it is then imperative and proper to harmonize the mind (and Coue's principles properly understood and applied are among the most simple and effective means to this end). But the fact ever remains, and should be reiterated, that no mental trick or formula, regardless of its scientific worth on the mental plane, can possibly sustain or restore health of body or give peace and harmony to soul where God's laws are violated on the other two planes—physical and psychic.

Coueism and Common Sense.

blindness; it is possible to do with fear. They urge them to take a away with this defect entire- taxl instead of walking a short disly," is one of the startling tance, and do many other similar

of real independence. "One day there was a small blind other principal cities on her own me cried out in terror. I looked in ordinate to, and work in full co-opsing gestion, is soon to visit the United States for the purpose of spreading his doctrines. To the average reader of newspaper and magazine Dr. Couneds no introduction, since much has been written recently about his work of newspaper and magazine Dr. Coune and the unconscious of this article to endeavor to show the real value, as well as the limitations to the methods or principles of Dr. Coune, and the unconscious of principles of Dr. Coune, and the unconscious of this article to endeavor to show the real value, as well as the limitations to the methods or principles of Dr. Coune, and the sprincipal cities on her own are blind. "There are two kinds of blindness which is the result of or long the considered in the present day," and the purpose of this article to endeavor to show the real value, as a rule, seek to obtain the will should not interpoole lies in Chirst's earn to caution the public against embracing induced auto-suggestion as a "cure-sit of the purpose of this article to endeavor to show the real value, and the purpose of this article to endeavor to show the real value, as a rule, seek to obtain the will should not need to the public against embracing induced auto-suggestion as a "cure-sit of the purpose of this article to endeavor the public against embracing induced auto-suggestion as a "cure-sit of the purpose of this article to endeavor the public against embracing induced auto-suggestion as a "cure-sit of the public against the purpose of this article to endeavor to show the real value, and philosophical plea that we be suggested to the public against the spiritual public against the child of the public against th methods of re-educating those who the direction she seemed to be look-

Paris. She has worked in the re-edu-Belgium, Finland and Englan i. The years of research and experiments, is that given at the time when she fasted for forty days, for thirty of which she did not even take a sip of water, in order to prove that it was possible to keep human beings alive for that period without internal food. This experiment was invaluable, as it will solve the problem of delicate operations which surgeons have felt it impossible to attempt previously, because of the need for supplying sustenance. This may prove the saving of many lives in the future which would otherwise have been lost.

Dr. Lipinska will lecture in the United States on auto-suggestion, prolonged sleep and the need for silence in the curriculum of human be-

he will be perfectly free of disease and disorder throughout his whole being. He will be "all good" and whole being. He will be "all good" and processed to proceed the perfect of the most of the perfect of the most of the creator governing every minute phase of life relating to body, mind and soul, in their relation to themselves, to each other, and to the universe. Compliance with these laws brings compensation in degree. View brings compensation in degree. View brings compensation in degree. View lattice universe, Compliance with these laws brings compensation to such laws metes out retributive justice in like degree. The foregoing thoughts come to make phenists of nother way, the processes of body. Disobedience to the law relating to the mind and body and poloses the soul, while disorganizing and devitalizing the mind. Perversion of the law affecting the soul drags down both mind and body and poloses the soul.

Therefore, to invoke a law on the foregoing thoughts of the processes of body where the roots nourishing its growth are sunk deep into the recesses of the soul. To do so would be to beat down and destroy the Gibraltar of creation—the great law of compensation. To attempt it is to invite ultimate disaster.

Teamwork Required.

Teamwork Required.

Teamwork content and the most of the motions and the need for silence in the curriculum of human bedown and destinate the proper of the emotions, and then employment of the median proper of the employment of the employment of the motion and study sound principles and cantelly principles an

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Coucism and Common Sense.

Certainly we cannot think right unless we live right and "feel" right. If we do the things that create disease of body and harbor feelings and impulses that poison the soul, Coucand his principles of the employment.

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## VETERANS OF GREAT WAR

James E. Wa'ker Post, No. 26, the imerican Legion, has elected officers or the ensuing years as follows: Comnander, West A. Hamilton; first vice commander, Thomas J. Delaney: second dice commander, Campbell C. Johnson; for the ensuing years as follows: Commander, West A. Hamilton; first vice vice commander. Campbell C. Johnson: chaplain, Charles S. Lomack; surgeon, Albert Ridgeley; quartermaster, John Sweetney; historian, Sylvester H. Epps; statements made by Dr. Melanie Li- things which hinder the development sergeant-at-arms, Wallace P. Gant; master-at-arms, Walter A. Brooks; color bearers. Robert Dyson and Augustus

Commander Hamilton has appointed Sylvester H. Epps as adjutant and Ben-lamin D. Boyd as finance officer for

Delegates to the department conven-tion were selected as follows; West A. Hamilton and Sylvester H. Epps, with alternates: Thomas J. Delaney and Campbell C. Johnson. At the last meeting of Henry C. Spenger Post, No. 12, the American-Legion, officers were selected as follows: Commander, George L. Tait; first vice commander, Fred A. Livingstone; second

commander, Fred A. Livingstone; second vice commander, W. Laurence Hazard; finance officer, James B. Jones; quartermaster, Douglas A. White; chaplain, Arthur L. Smith; post surgeon, Dr. Millard J. Holmes; sergeant-at-arms, Glenn C. Dorsey; master-at-arms, Fritz H. Heidenreich; color bearers, Alvin D. Hathaway and Tom E. Fawcett, and historian, Paul E. Twyman. The posticeded to enter a team in the American Legion Bowling League. Contributions were made for the Christmas funds of both the department and Spengler Aux-

The Ladies' Auxiliary of Equality-Walter Reed Post, assisted by the post chaplain, Arthur L. Millmore, will visit Walter Reed Hospital this afternoon and meet at the Red Cross building. Donations of cigarettes, tobacco, candy, handkerchiefs, etc., will be received by the ladies and made up into suitable packages to be used in making these hospital visits. All donations should be sent direct to Mrs. A. E. Finch, chairman of the Ladies' Auxiliary committee, 1002 N street northwest, or to the post adjutant, 711 Mt. Vernon place northwest.

Brig. Gen. Anton Stephan, at the Brig. Gen. Anton Stephan, at the Thereion and the Carlon Stephan, at the Thereion Chapter Chap

Brig. Gen. Anton Stephan, at the Department meeting of the District of Columbia of the Veterans of Foreign Wars, Monday evening, in the armory, received gratifying reports from the various local posts on the matter of recruiting new members. Although the membership campaign was not to begin until the first of the year, reports received show that as high as eighteen members were admitted at one of the meetings of one of the local posts. The reports from other posts show from six to twelve new members admitted since the 1st of December.

The American Legion Auxiliary of the H. C. Spangler Post, No. 12, will meet Thursday at the armory. The following officers were elected at a special meeting Monday by the auxiliary of the Stuart Walcott Post No. 10, at the home of Misses Gully and Williams. 1633 Irving street northwest: President, Mrs. Dr. Ralph; vice president, Mrs. Dr. Hall; chaplain, Mrs. Eric Stearns; treasurer, Mrs. Ruth B. Templeton, and historian, Miss Lessic Gully.

Real Danger.

Mr. Hardfax—I'm astonished that you, with your record as a big game hunter, should be afraid of a mouse. Miss Jungcleer—That's different.

were made for the Christmas funds of both the department and Spengler Auxillaries. The following were elected to represent the post at the department convention: Delegate at large, Anton Stephan; delegates: George L. Tait and Fred A. Livingstone; alternates: Alvin D. Hathaway, Fritz H. Heidenreich and Paul E. Twyman. The following new members were elected: James E. Burdette and Pearce E. Hales.

The following officers of Government Printing Office Unit, No. 1, United Veterans of Amferican Wars, have been elected for the ensuing year: Comparison of the various posts and relief committees of the various posts reported that they had obtained socks, cigarettes, underwear, candy and toi-The following officers of Government Printing Office Unit, No. 1, United Veterans of Anferican Wars, have been elected for the ensuing year: Commander, W. J. Cassiday: senior vice commander, C. S. Bellman; junior vice commander, F. Platz; chaplain, C. Armuorer: officer of the day, J. Burnett; color sergeant, E. Wilson; trustees, S. G. Mawson, T. H. Graves, A. Graef.

Robert Zacharias was elected to head the Cooley-McCullough Post, No. 22, of the Cooley-McCullough Post, No. 22, of the Constant of the Cooley-McCullough Post, No. 22, of the Constant of the Cooley-McCullough Post, No. 22, of the various posts and relief committees of the various posts and relief cases.

Preissner, Edward A. Johnson, Charles P. Gilpin, Herbert A. Cady and Robert Brown

A telegram was read from Inspector General Robert B. Handy, jr., a member of this post, at present located in New York, congratulating the post upon its three years of success and its present prosperity. A. E. Finch made a short tell upon the proposed ledies, inviliary and legion Auxiliary Department of the District of Columbian Commander of the Veterans of Foreign Wars, and members of his staff, after which the newly installed commander will announce the names of certain appointive officers, including an adjutant.

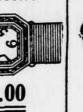
prosperity. A. E. Finch made a short The regular meeting of the Ameritalk upon the proposed ladies' auxiliary can Legion Auxiliary, Department of

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Cuff Links-Solid gold \$5.00 Up Set with diamonds \$15.00 Up

Signet Rings—Solid gold \$7.50 Up Emblem Rings, Masonic, Odd Fellows, K. of C., etc., in solid gold \$7.50 Up

Cigarette Cases-Solid silver \$10.00 Up Watch Chains-Waldemar solid gold \$6.50 Up

Watches-All standard American makes \$16.50 Up

Military Sets-Two brushes and comb, in case \$12.50 Up Pocket Combs—Sterling silver and gold filled \$2.00 Up

For "Her" Flexible Bracelets-14-kt. \$16,50 Up Bar Pins-Solid gold \$2.00 Up

With cut diamonds and platinum top \$16.00 Up Wrist Watches-Gold filled \$15.00 Up Wrist Watches-Platinum cases with diamonds \$100,00 Up

Little Finger Rings-Solid gold, set with stones \$5.00 Up Vanity Cases-Solid silver \$12.00 Up

Tollet Sets-Complete line genuine Du Barry white toiletware, also solid \$10.00 Up Pearls-Richelieu, Red Label

Quality C \$13.50 Up Mesh Bags-Famous Whiting & Davis make \$10.50 Up

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the District of Columbia, was held at 1423 New York avenue northwest. Wednesday evening. Mrs. R. E. Fawcett, president of the department, presided. Plans were discussed for a reception on New Year's night at the Ebbitt Hotel, 7:30 to 9 o'clock, with dancing from 9 to 12 o'clock. All legionnaires, auxiliary members and friends are invited. Miss Eliz. beth Pisher, from Senator Brookhart's office, gave a talk on the activities of the auxiliary in Washington, lowa. SEEK BIG WINE CARGO

\$150,000 Shipment of Hungarian Vintages Believed En Route Here. MINNEAPOLIS, Minn. December 16.—H. L. Duncan, prohibition director for the northwest, announced today he had received information of an alleged plot to smuggle into this country and bring to Minneapolis a cargo of Hingarian wines valued at The auxiliary of the George E. Killen Post, No. 25, is making preparations for help and cheer to ex-service men who have written to Mrs. M. K. Duncan said ships of the prohibition may patrol are watching the Atlantic

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Mr. Hardfax—I'm astonished that you, with your record as a big game nunter, should be afraid of a mouse. Miss Jungeleer—That's different. Lions and tigers don't run up one's

egs.

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Hurry! It's your duty! Each day you see a little more hair coming out and you are making no effort to avoid baldness. What a pity. Falling hair means your hair is weak, sick,-possibly dandruff is strangling it, or the hair root pores in the scalp are not firm and tight, thus wasting the hair grow-

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